



Together Women Rise Journey to Jordan - May 2022

Suggested Packing List

Weather Conditions

May is beautiful time of year to visit Jordan. It is the end of springtime, just before the heat of the summer takes over. Temperatures during the day are comfortably warm but not scorching hot. However, nights in the desert can be quite cold. The weather varies greatly in different parts of the country - it will be hot in the Dead Sea area, yet cooler in the desert in Wadi Rum, so be prepared for anything!

- In Amman and Petra, average daily highs range from 58°F to 68°F with average lows ranging from 44°F to 49°F.
- In Wadi Rum, average daily highs range from 75°F to 84°F with average evening lows ranging from 57°F to 64°F. Evening lows could be as cool as 43°F-50°F.

Clothing

Participants are encouraged to bring a hat of some kind for sun protection in addition to sunglasses. A hat protects your head and eyes while leaving you more open to interact with people. We recommend bringing clothes that you can layer, and packing for both warm and cold conditions. At the hotel in Amman, laundry services will be available at your own expense, if you would rather not pack a fresh outfit for each day.

If you would like to bring a smaller suitcase or duffel bag that is light weight and easier to travel with in the desert, you can leave a larger suitcase at the hotel in Amman when you travel to the south and collect it when you return to Amman.

Remember to pack with the cultural context of Jordan in mind. Generally, it is best to show as little skin as possible. Long pants and sleeves that are not too tight or form-fitting are ideal for men and women. There is no need to wear headscarves, but useful to have a scarf in more conservative settings to cover your hair or shoulders.

- Light-colored, light-weight clothing
- Light, long-sleeved shirts and pants to protect from sun & be culturally sensitive



- A warm jacket and/or sweatshirt for the evenings
- Comfortable walking and hiking shoes with ankle support (make sure they are broken-in)
- Comfortable clothes for sleeping and relaxing in the evenings
- A couple versatile “nice yet casual” outfits
- Sun hat or cap and sunglasses
- Warm hat or beanie for the cool desert evenings
- Socks (wool socks for the desert)
- Warmer attire and layers for evenings in the desert - including for sleeping
- Small umbrella and/or waterproof jacket or poncho
- Exercise clothing for hikes
- A scarf to cover shoulders and neck when necessary
- Swimsuit
- Water shoes for the Dead Sea's rocky shoreline

Materials

- A tote bag to bring home any purchases (or leave a little room in your suitcase)
- Book or e-reader
- Journal and pens
- Camera & batteries (optional)
- Energy bars and snacks (optional)
- Plug adaptor (Type G recommended) and converter (only if bringing high-power devices)
- Travel packs of tissues
- Hand sanitizer
- Collapsible hiking poles (optional)
- Toilet paper or personal hygiene wipes

Essentials

- Passport (original and photocopy)
- International flight itinerary
- Travel Insurance Policy and emergency numbers
- Covid vaccination card (original and photocopy)
- Printed copy of the QR code from the Jordan health declaration and passenger locator [form](#)
- Money pouch
- Cash (see money section of country guide)
- Day pack or cross-body bag



- Earplugs (Dogs, buses, noisy neighbors – a pair of good earplugs can be invaluable!)
- Small flashlight or headlamp
- Watch or alarm clock
- Small, reusable pouches or bags – good for keeping valuables dry/dust-free
- Reusable water bottle

Medical Kit and Toiletries

Participants should include an adequate supply in your hand luggage of any prescribed medication (in its original labeled container) you may require while traveling.

- Covid PPE: Face masks - at least two a day
- Hand sanitizer
- Sunscreen and lip balm with an SPF
- Insect repellent
- Prescription medication
- Allergy medication/epi-pen
- The phone number of your favorite doctor in case you get sick and want to speak with a trusted expert
- Re-hydration salts or electrolyte tablets
- Anti-diarrhea medication
- Pepto-Bismol/tums for stomach upsets
- Painkillers
- Motion sickness medication (i.e.dramamine, or prescription)
- First aid kit - antiseptic cream, Band-Aids, sterile wipes
- Pre-moistened antibacterial hand wipes
- Travel sized soap and body or hand lotion
- Travel sized shampoo and conditioner
- Hair brush, comb, hair-ties or clips

****Important Reminder:** All travelers are encouraged to notify their bank of their travel plans so that the bank does not see charges as illicit activity and put a block on the card.